

## Features Selection of Pregnant Women Orthodontic Treatment Technique

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Pregnancy is a special period in a woman's life, during which the restructuring of all its organs and systems of the body happens.

Every year increases the number of women aged 18 - 35 years, looking to cosmetic dentistry to improve the aesthetic aspects of their smile and, in particular, as the most gentle approach of orthodontic treatment. But due to the extended length of orthodontic treatment, this group is in the range with the greatest probability of occurrence of pregnancy and then treatment coincides with the period of pregnancy. How reasonable this decision is and what features should take into account the doctor, we discussed in detail in a previous article "Features of orthodontic treatment during pregnancy".

Today, we will answer the question - what method of orthodontic treatment is preferred during pregnancy.

Eventually opinions about orthodontic treatment in pregnancy change. Previously, an obstetrician-gynecologist would advise not to start treatment until the completion of periods of pregnancy and early and late postpartum in order to avoid possible risks. But modern technology called offer an alternative that significantly reduces these risks. In the study of materials, dispensary books of pregnant, and based on their own experience of orthodontic treatment, came to the idea of a clear advantage of new technologies correction of bite in front of the old as modern methods of orthodontic treatment to help avoid the problems that arise in the treatment of classical methods.

First of all, let's understand what are the ways to align teeth.

In traditional orthodontic braces are used, as well as quite new district today clear aligners.

Bracket system is a non-removable device, which is mounted on the inside or the outside of the teeth for the entire period of treatment to obtain a correct bite. One bracket is glued (exclusive lock) on each tooth defining the direction. Locks are interconnected orthodontic arch that serves as a source of strength for the movement of dentition. Whatever forms the arc has not accepted, and whatever obstacle is standing in front of her, it always strives to return to its original state and thus aligns the teeth.

The most important disadvantage is that the braces are very visible, even worse, they give the person a sense of embarrassment and insecurity. Also do not forget about the shortcomings such as pain and constant discomfort. Besides the obvious aesthetic shortcomings, it is important to identify the most important clinical aspect - hindered oral hygiene is especially important during pregnancy. Studies show that pregnant women are more likely to suffer from gingivitis, caused by the accumulation of plaque on the tooth surfaces, which leads to inflammation of the gums. The symptoms of this disease are redness, inflammation and gum bleeding. Gingivitis occurs during pregnancy less frequently because of elevated levels of hormones in the body to provoke an increased reactivity of the gum in response to stimuli located in plaque. However, the main cause of gingivitis is still flush not hormones.

These shortcomings besides, traditional braces have given impetus to the development of new clinical with the development of digital technology solutions in medicine, in particular, the sequence is replaced Detachable orthodontic appliances known as clear aligners - aligners successfully presented in Western markets since the 1990's.

Aligner is special removable thing made of transparent plastic hypoallergenic. They are tight-fitting each tooth, providing the desired load (pressure) on those teeth that need to be moved. One at a time change aligners guarantees visible results, while maintaining maximum comfort during treatment.

Judging by the reviews of doctors and patients, the system transparent splints is not inferior in their effectiveness bracket-system, while having significant advantages, which is welcomed especially during pregnancy.

What are the advantages of a system of clear aligners or aligners?

First of all, they are made of plastic and completely hypoallergenic safe, which is important during pregnancy, given lowered immunity and other physiological changes in a woman's body during pregnancy. While braces are having in their structure metal parts can injure the gums and cheeks.

It eliminates the possibility of the occurrence of pressure or pain in the process of wearing braces, due to their manufacturing technology. This is especially important for pregnant women, which in connection with pregnancy several deteriorating condition of the oral cavity.

Mouthguards are easily removable, allowing you to brush your teeth the usual way, while the dental care when wearing braces requires special skills. Thus suffers mouth cavity hygiene, which is particularly important for pregnant women.

If you wear braces it is not recommended to drink sweet and sour or cold food, with aligners dangerous STI that spoil food aid or disturb its transparency is absent. Aligners can be easily removed at the time of food admission. There are no restrictions on food, while wearing braces system eliminates the use of a food that is unacceptable at pregnancy. Treatment with aligners involves the issuance of the patient kit mouthguards, which needs to be changed at regular intervals, which frees the patient from frequent trips to the orthodontist. As aligners are made in line with the projected development of the patient's teeth. It may be difficult for a pregnant woman. Important advantage of aligners before the bracket system is their transparency, they are not visible when worn. The aesthetic aspect is important for any woman. Because of streamlined shape, they are almost imperceptible, so do not cause discomfort, and does not affect the diction. Thus their absolute obscurity in the process of wear, even at close distance is reached. This way clears advantages of splints system for the pregnant patient. Personally, for myself, I chose aligners price / quality. At the Russian market in recent years, with the growth of welfare of the population and increased demands on the quality of treatment, is gaining popularity bite correction and elimination of aesthetic problems, usually defined by "crooked teeth" with the clear aligners. From the diversity of the many aligners systems, after his treatment, I identified OrthoSnap. OrthoSnap system is an orthodontic system of American developers. All products are certified for use on the territory of Russian Federation. OrthoSnap achieved maximum efficiency, managing to outperform bracket system, and become one of its kind unique among other systems aligners. OrthoSnap system uniqueness is the production of aligners on patented dynamic model with mini pin system. In developing the system, special attention was paid to the orthopedic collapsible prosthesis models. Dynamic pins of OrthoSnap successfully integrate vector of tooth movement in the right direction. Company OrthoSnap combined 3D- technology and traditional, achieving maximum accuracy in the manufacture of aligners. System including a CAD / CAM-and 3D-technologies, the modernized system for the visualization of movements. There is Set-up video for analysis of the treatment plan, projected course of treatment, which subsequently sent the doctor for treatment approval. At the laboratory which is located in New York, after the analysis of X-rays, facial and intraoral photographs obtained originally mold is filled with high-plasticized plaster, in the projection of each set tooth patented dynamic pin. Next, the model is segmented into individual teeth. Technologist orthodontist activates the pins for a given plan treatment.

Step movements 0.25 or 0.5 mm, and is controlled varies depending on the clinical case, and a doctor treatment plan. Aligners are pressed after activation. At this technology is obviously the advantage of high accuracy of the results, and hence there is no need of interproximal separations without special indications for this manipulation. Therefore, indications for use indications in traditional orthodontics expand. In addition, the system has a number of patented techniques with movements of the teeth, such as variation due to the thickness of aligners in the treatment close anomalies, the ability to move the body frontal group of teeth with activators help unique opportunity work without deletions, without separations (only for aesthetic reasons), achieving a place at the expense of distalization. Appearance and the widespread use of aligners allows a pregnant woman to choose the most, when to start treatment, without making compromises. Aligners can not only make the period of wearing them more comfortable for pregnant women, but also to make it more hygienic, reducing the risk of tooth decay and other oral diseases.

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